



## LAUNDRY DEPARTMENT

There are an infinite number of tasks that you must do in the **Laundry Department**. We can use **POWERLIFT**<sup>®</sup> for nearly all these tasks. However, there are always problem situations that crop up where it is impossible to use good, safe technique. These are the moments when we need to **stop, think and get help**.

You probably spend a large amount of time **standing** to fold laundry. Try putting a foot up on a stool when standing to take the stress off your back. Remember, if standing on the **right foot** with the **left foot up**, the body should be turned slightly to the **right** with the **right thigh leaning** into the table. This is a very comfortable position and of course, the up foot can be switched between left and right for comfort.